



STATE OF WASHINGTON
DEPARTMENT OF COMMUNITY,
TRADE AND ECONOMIC DEVELOPMENT

Governor's Council on Substance Abuse Report

***Summary of Substance Abuse Town Meeting
Washington Prevention Summit October 24, 2002***



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2002 Washington State Prevention Youth Summit Yakima, WA



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Washington Prevention Summit Town Meeting October 24, 2002

On October 24, 2002 the Governor's Council on Substance Abuse (GCOSA) hosted a town meeting at Washington State's Prevention Summit. The purpose of the town meeting was to build a picture of substance abuse issues in Washington State. Linda Thompson, a member of the Council and Director of the Greater Spokane Substance Abuse Council, facilitated the 800-person audience's creation of puzzle pieces to explain the substance abuse issues of greatest concern to the audience members. Audience members contributed their pieces that identified issues of concern to build a community puzzle on the wall of the auditorium. Many audience members also used the roving microphones in the room to share their concerns with the Council and other town meeting participants. The messages summarized below demonstrate the importance of the Council's work.

Special thanks to Linda Thompson, Sara Rinehart, Beau Ross and Mariann Whalen for a great job of facilitating the puzzle building process.

On the following pages are the words from 233 of the puzzle pieces covering the wide range of substance abuse topics and concerns that build a picture of the substance issues in our State.

A number of people contributed puzzle pieces about the importance of positive relationships for youth with families, parents and adults.

- Be a mentor, model the way.
- Ask your kids who, what, where and why?
- Educate grandparents about drugs.

Others highlighted the importance of funding prevention services and providing programs in schools and communities aimed at preventing use of alcohol, tobacco and other drugs.

- 13,000 people die each day from tobacco related causes.
- More drug/alcohol information in the classroom.
- Keep the money coming for ATOD prevention.

Some puzzle pieces emphasized the importance of taking personal responsibility to be drug-free and to help others stay drug-free.

- Think first...don't just do what others do.
- We're the nation's future. Let's get going!
- Be a leader, not a follower.

Many wrote memorials to friends or family members who died because of drugs.

- In memory of Tracie... Joshalyn...Charlie...Jason...Rowdy... Jereme... Stan...Hootsie...Joe...Misty...Glen...Gerald...Amy...Dion...Ian...Brandon...Trevor... Scott and so many others... No more funerals.

And a large number of town meeting participants shared anti drug slogans.

- Yell no!
- Drug free is the way to be.

Listen to youth. Together we can make a difference

PUZZLE PIECES

RELATIONSHIPS/MENTORING/PARENTS/ROLE MODELS

- Mentoring makes a difference. Be a mentor, model the way.
- Prevention begins at home.
- Early childhood education about substances is important. Get started early.
- Remember to Mentor...Prevention is the key...Believe in yourself
- Provide Adult support to Youth.
- RIP Stan...Drug and Alcohol abuse affects those around you. Something should be done about the parents. Kids who grow up in homes where there is drug or alcohol abuse don't realize how bad it is. Parents can't say it's bad and then do it in front of them. They're sending mixed signals. Drugs ruin lives.
- The whole family involved.
- Educate our children at an earlier age.
- Parent involvement prevents kids from doing drugs.
- Mentors change lives, listen to kids.
- Early Education, Prevention, We love you.
- Parents who tell their kid, how special they are.
- Greatest form of flattery. Imitation good role models.
- Someone needs to raise the children in healthy families. Support "stay home moms" support families.
- Parents are the anti-drug, get in their business. Carry prevention to the college level.
- Keep our families whole.
- Parent's involvement is important.
- Educate grandparents on the drugs of today that are confronting our youth.
- Somebody is watching...self; it starts here, role models.
- Safe Streets Youth Training and Truancy reduction. Build your life skills to go beyond your barriers...connecting youth and family to education for a better community.
- Be a positive role model.
- Drug prevention starts at home. Don't give up! Don't give into peer pressure to take drugs. Don't give up trying to quit if you did get addicted. The rest of your family depends on you.
- Ask your kids...who, what, where, and why? Be involved, ignoring the problem will not make it go away.
- More parent education and family involvement.
- Family nights...togetherness
- Love is the answer, don't just say I love you, show love, and give time.

- Do something...Mother/Daughter socials...talk about it...Father/Son groups...Mentors
- Children live what they learn...think about it.
- Bottom line is parents, education, and support.
- Strength through connections

DEATH/WASTING OF LIFE/SPECIFIC MEMORIALS

- In loving memory of Roger D. Hill – 10/12/43 – 12/29/99
- I will stay a TOD FREE and encourage others to do the same. In memory of Amanda Cichosz 1985/2002 – Killed by a drunk driver.
- Lives are lost physically and mentally. Drug friends are friends until you get busted. To bad he didn't survive long enough to enjoy at home. RIP Joe.
- I will get information to as many people as possible. In loving memory of Amanda Rae Cichosz.
- In memory of Charlie LCFD #1
- In loving memory of Charlie Thayer, 1985-2002.
- For Tracie and Joshelyn 1996. Victims of a drunk driver.
- In memory of Charlie Thayer...we'll miss you.
- For my nephew Jason, 1980-2000. Changing community attitudes towards drinking.
- In memory of Rowdy, who died on 10-14-02, driving drunk.
- Alcohol Free Children Initiative. Memory of Jereme Ballard.
- In memory of Charlie Thayer
- In memory of Charlie
- Drugs are not good...in memory of Charlie.
- For Misty @ the hospital. A 14 year-old crack addict.
- I would like to see alcohol kept out of schools. And a way I can do that is encourage others and talk to them. In memory of Amanda Cichosz.
- In loving memory of Stan Hallet...Please do not drink and get into a vehicle...RIP Stan...We love you, Stan...Drug Abuse...Resistance...education.
- In memory of Glen Mark Abraham
- In memory of Charlie Thayer.
- The circle never will be complete with my 14 year-old grandson, Hootsie. Lost in the shuffle of alcohol are his dad, aunts, uncles and cousins.

SCHOOL PROGRAMS

- Outreach Workers In All Schools.
- Choice Therapy in schools
- Mandatory alcohol information school for MIP Conuzctzons.
- Empower youth with Media Literacy.
- Starting valued education among young students and teens.

- More drug and alcohol information in the classroom.
- Reaching out to the youth, community, and law enforcement to reduce drug and alcohol use in Washington State.

ANTI SMOKING/TOBACCO PREVENTION

- Don't smoke...or else you'll smoke away your life.
- Tobacco is bad
- Tobacco sucks
- Outlaw smoking in bars, restaurants, and State Parks.
- Cigarettes cause death and butts are nasty.
- People need to realize the 13000 people that die a day from smoking related causes.
- Confiscate the \$190.00 a second that Tobacco Companies spend on advertising to relief smokers or underage kids, which is against the law.
- Picture of a cigarette. Double the tax again.
- Tobacco smokes you! Support TATU groups.
- No Internet tobacco sales in Washington State.
- Nicotine kills
- ☺ Tobacco dollars kept sacred for tobacco prevention.
- Support FDA regulation of tobacco.

ANTI DRINKING/ALCOHOL PREVENTION

- Higher DUI charges
- Say NO to bud light or any other kind of beer.
- 40% conviction rate on DUI's.
- No deferred prosecution for DUI's.
- No public outdoor alcohol advertisements.
- Heavier DUI penalties.
- Outlaw alcohol on state ferries.
- Educating fellow classmates on the use of alcohol.
- How would our government help us prevent drunk driving?
- DUI – No appeal.
- Expand the “Truth” media blight to include the tragic results of DUI.
- Tougher DUI laws.
- Report a drunk...call 911. Drunk drivers break hearts.
- Drunk Drivers break hearts...P.A.C.E. (Pro-active criminal enforcement)(DUI Enforcement).
- The impact alcoholic parents have on young innocent children. Children are a lot more aware then they realize.
- Budweiser king of rears...do booze and you lose. No drugs or alcohol but hugs.
- It's better to be sober then dead. Don't be afraid to stand up for what you believe.

- No beer, say no to drugs.
- Prevention is the only answer to help our young people. Take alcohol off the shelves.

TAKING PERSONAL RESPONSIBILITY/SELF EMPOWERMENT/EDUCATION

- Think first...don't do what others do without thinking about the consequences. You may see the action, but there is also the after affect. Keep it real.
- Know who you are and care about what you do.
- Don't be afraid to stand up for your beliefs. Stand up and dare to be different than the crowd.
- Stand up and say NO TO DRUGS
- Start saving lives, be a designated driver.
- Let's be a POWER HOUSE and knock out drug and alcohol abusers. We stand proud.
- Think before you do your actions.
- Educate yourself with facts based on research.
- Empower the youth with leadership. Patience is a virtue.
- We are the future youth of the nation. Let's get going, lets make change.
- Speak out...tell the story.
- For my little boy...so I can do whatever is within my ability to keep him safe. One way I can do that is by educating my family and myself.
- Don't listen to friends all the time. Not all friends are true friends.
- Be a leader not a follower, because, when you are a follower it gives you a bad name.
- When we get involved we help stop those lives lost by drinking and driving.
- People power.
- Don't do drugs, cause they're bad for you and stuff. Drugs = ☹
- Teach kids music, helps their self-esteem and confidence.
- No matter how much pressure, do the right thing, don't smoke or drink. Do the good thing, don't do drugs.
- Be yourself
- Be strong, be proud, native pride, family education and prevention start at home.
- No more lip service to young people...empower them to continue to make change.

PRO-PREVENTION/PREVENTION WORKS

- Keep kids safe, stop corporations from advertising, targeting, exploiting our children.
- Why wait? Early prevention.
- Drug Abuse...say no to drugs and alcohol.

- Prevention works
- Don't shorten prevention by cutting our funds or borrowing against tobacco funds.
- Just say no to drugs.
- Drug prevention makes you have a nice day. Be drug-free.
- Prevention Prevention Prevention
- Just say no.
- Prevention rules
- Retention of Prevention, practice, support, love, and guidance. Together we can teach a life of freedom from substance abuse.
- Prevention is a Sure investment.
- Be preventative not reactionary.
- Washington State meth initiative.
- A dollar spent on prevention today may save \$20,000.00 of treatment costs in the future.
- Parent's involvement prevents! Prevention needs money.
- What children learn from preventionist...shall be mirrored by parents at home.
- Prevention works
- Increase early prevention programs.
- If you are really trying to make a 3-legged stool, all the beer tax should go to prevention.
- Drug courts – Community prevention
- Prevention can help balance the budget.
- Prevention early in life is the key. Target the young before it's too late.

FUNDING NEEDED FOR PROGRAMS

- Raise the fines for retailers who sell liquor or tobacco products to minors.
- More \$'s for reducing underage drinking.
- Keep the money coming for ATOD Prevention.
- Need \$'s for DUI mandated sentencing
- Use State and Federal dollars to build bigger and better prevention intervention programs, not more prisons.
- More community resources for families in recovery.
- Alcohol Tax that goes to prevention i.e., any community sponsored drinking event such as, October fest, pays a flat tax to the state for prevention.
- We need long-term treatment for teens...especially those addicted to meth with even longer-term follow-up aftercare. We are losing our kids.
- Make funding for treatment/prevention a priority.
- Prevention needs more money.
- Provide assistance and resources, youth need to implement successful ATOD prevention.
- Treatment centers that don't have huge waiting lists for youths.
- More \$'s from the state for Prevention Funding...for school programs.

- Promote social acceptance of parenting education and make the programs widely available.
- Counties need more money for treatment.
- Dollars for treatment and prevention.

SLOGANS/ADVICE/PHILOSOPHY

- Power is in the Numbers
- NO MORE FUNERALS (RIP-Gerald, RIP-Amy, RIP-Dion, RIP-Ian, RIP-Brandon, and RIP-Scott)
- Media – We want the whole picture.
- A slow death is still death. Second hand smoke kills the innocent.
- Drug companies are like rugs, all they do is lie.
- Collaboration...let's work together
- Without drugs ☺, with drugs ☹.
- Role model – Love – Under Age toughness
- Camera's at counters that sell tobacco and alcohol products.
- Cruzin not uzin or boozing.
- Don't allow substance abuse to blind you fro a wonderful life journey.
- Help make a difference, stay drug free.
- 5 ways to refuse drugs
- No thanks
- Give a cold shoulder
- Walk away
- Give a reason why not
- Yell no
- Don't throw your life away
- Your smart enough if you don't drink, smoke or do drugs
- Getting drunk doesn't hurt only you it hurts everyone else.
- Listen to youth
- The courts won't solve this problem. Jail is not rehabilitation. Let's focus on the causes.
- Together we can
- Prevention rocks
- Drug-free work places make a difference
- Girl Power
- Drug = Bad
- Life is great, don't throw it all away. Adults can help stop teens and teach to be drug-free. Always let your light shine.
- Yakima...proud to be American and alcohol and drug-free.
- Up with hope...down with dope.
- Let's all be real
- Public Awareness – Community together
- Heal the broken hearts. Heal the troubled minds. Find the lost spirits. Live a healthy life drug-free.

- Stand up and say no to drugs
- Being drug free is cool.
- Say no to beer, tobacco. Stay free and be healthy. NO DRUGS
- Drug Free sets you free. Bird of freedom. Freedom is worth living for.
- Let's take a stand and all join hands.
- Drug Free the way to be...yeah
- Substance Abuse destroys families
- Do not De-Criminalize marijuana. Make drug and drug paraphernalia crimes valid by teaching Judges and Attorneys the reason & intent behind the laws so they do not get repealed & dismissed.
- Youth voices
- God can help everyone if you pray for help, so lets all be drug-free.
- Save a life, don't let your friend or someone you know drink and drive.
- True love comes from the heart and has no drugs included.
- One by One we can stop!!! (Drug, tobacco, and alcohol.
- Love Life...Live it Drug-Free and you will live it long.
- Life is too short to be unhappy. Sail away with your brain intact.
- Its true, crack and drugs do kill.
- Teamwork – Awareness – Prevention Treatment
- Step up to Step down drugs
- Family, Friends, and Freedom
- Change doesn't happen overnight
- Would you kill someone you love – yourself?
- Crack down harder on drug and alcohol abusers
- Care enough to comfort
- We need to find ways to take tragic situations and use them to teach youth the natural consequences of actions. It's okay to learn from others mistakes.
- Learn from your mistakes
- Together we are strong and are a voice for our youth. Stand up and be heard.
- Protect our kids and continue education
- Listen to youth
- One day at a time...say no to drugs, tobacco, and alcohol
- No more tears because of beer
- Make it cool to refuse
- Change social norms...talk about important issues with those you love.
- Meditate...enjoy the beauty of silence.
- Be drug free
- My grandpa has ended up really sick from alcohol, so I'd like to see you not drink.
- Network
- Drug Free that's my choice
- If you abuse, you lose
- Lock them up
- Together we can against drugs.
- A happy face is a drug free one.

- Drive hammered, get nailed
- Proud to part of drug prevention
- Alcohol, know the law, follow the law. 21, use responsibility, 21, don't use at all, make the right decision, it affects all of us.
- Up with hope, down with dope
- Strong healthy drug-free kids, build strong healthy drug-free communities.
- Arrest parents that provide alcohol parties to underage teens.
- Life is too short to be wasted...go to jail if you drink and drive.
- Life is too short to be wasted.

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